

THE GREATEST PLAN

EAT. MOVE. **SLAY.**



 LivingPlate

ROWDY

kc
KELLY'S CHOICE



The complete 28-day eating and exercise plan to lose weight and gain strength.

28 day dietitian and trainer led coaching program to educate and empower you to develop fitness and eating strategies that work together to reach your weight loss and overall health goals faster to get more out of life.



- 28 day **WORKOUT PLAN** by ROWDY, the party-style fitness method
- 28 day **MEAL PLAN** with healthy recipes from Living Plate
- 28 days of **NUTRITION COACHING** from Kelly's Choice

Get it all for \$199 USD

- 24/7 chat access with Dietitians
- Live nutrition presentations with demos
- Weekly workout plan updates
- Weekly check ins with ROWDY trainers
- Access to the Greatest Plan network and digital community



MARTHA STEWART
Living
Parade

AS SEEN IN

FOX



**GOOD
MORNING
AMERICA**